What is claimed is:

1. A method for monitoring body-position changes of an individual, comprising:

attaching a position detector to the individual;

energizing the position detector; and

conducting a plurality of measurements to identify a change in a characteristic of energy associated with the position detector, wherein such a change is indicative of significant movement of the position detector and a corresponding change in position of the individual.

2. The method of claim 1, wherein the position detector is one of a plurality of position detectors.

3. The method of claim 2, wherein at least one of the position detectors is distinguishable from at least one other of the position detectors.

4. The method of claim 1, wherein the position detector is a transponder.

5. The method of claim 1, further comprising tracking time since the individual has moved.

6. The method of claim 5, further comprising reporting that the individual should be moved if a predetermined period of time has passed since the individual has moved.

7. A system for monitoring body position changes of an individual, comprising:

a position detector;

an observation module configured to measure energy associated with the position detector; and

an analyzing module configured to identify a change in a characteristic of energy associated with the position detector by comparing a plurality of measurements taken by the observation module, wherein such a change is indicative of significant movement of the position detector and a corresponding change in position of the individual.

8. The system of claim 7, wherein the analyzing module includes a timer configured to track how long the individual remains stationary.

9. The system of claim 7, further comprising a notification module for conveying that the individual has not moved for a predetermined period of time.

10. The system of claim 7, wherein the position detector is one of a plurality of position detectors.

11. The system of claim 10, wherein at least one of the position detectors is distinguishable from at least one other of the position detectors.